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Bangalore Mirror

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HEALTH TIP: Trim nails regularly, straight across with rounded edges, preventing breakage, wounds, ingrown nails, infections, hygiene

Boil cumin with cinnamon and sip this warm concoction to soothe digestion and relieve discomfort

BangaloreMirror
Friday, January 9, 2026
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SMART HEALTHY WINTER SNACKS

Cold weather cravings can be curbed with warm, nutrient-rich snacks that balance energy, boost immunity, and support healthier winter eating habits

Winter has a way of making you feel peckish all the time! You wonder that you just had a snack and you are hungry again. How? Yet, it is true. Additionally, shorter days, colder weather, and festivals often push us towards the fried and sugary goodness we know as quick-option packaged snacks, which might be tasty but not the healthiest and smartest choice.

If we try a little harder, winter can be the easiest season to build healthier eating habits, starting with smart snacking. The key lies in choosing foods that offer warmth, balance, and steady energy, rather than quick spikes and crashes.

According to Drishya Ale, Dietician, Paras Health, Gurugram, winter cravings are often misread signals. She explains that cold weather slows digestion and dulls thirst cues, which makes many people confuse dehydration with hunger. Starting with warm, hydrating options such as vegetable broths, clear soups, or turmeric-infused herbal teas can naturally curb unnecessary snacking while supporting digestion and immunity.

Balance is key

Drishya emphasises that winter snacks should focus on nourishment rather than restriction. Include options such as roasted makhanas, chana, peanuts, and mixed seeds tossed in mild spices, which provide protein and healthy fats that keep you fuller for longer. Seasonal foods such as sweet potatoes, carrots, beetroot, citrus fruits, amla, and guava add fibre and antioxidants, making them ideal mid-meal choices.

She also highlights smart food pairings: fruit with a handful of nuts or yoghurt helps stabilise blood sugar and prevents sudden energy dips, which are common in colder months.

Why winter cravings feel stronger

"The body works harder to maintain its internal temperature, leading to higher energy demands. This is why people instinctively crave warm, dense foods. Redirecting these cravings towards nutrient-rich options like almonds, walnuts, dates, and makhanas provides warmth, sustained energy, and immune support without adding excessive calories," says DP Jhawar, Co-founder & CEO, Proventus Agrocom Ltd, explaining why winter naturally increases appetite.

Smarter ways to handle cravings

· Winter desserts don't have to mean refined sugar. Dates, raisins, and dried fruits offer natural sweetness along with fibre, potassium, and minerals.

· Combined with nuts like almonds and walnuts, they make excellent mid-day pick-me-ups or pre-workout snacks that boost focus and immunity.

· A thoughtfully prepared trail mix by blending nuts, seeds, and berries certainly satisfies sweet, salty, and crunchy cravings at once.

· These mixes pair well with herbal teas or morning coffee and help maintain consistency in winter health routines.

The key takeaway

With the right approach, winter snacking can offer comfort, flavour, and nourishment—all this without guilt.

—Femina

MIRRORLIGHTS

Dark lips explained: Everyday habits, poor care, and products affecting natural colour over time gradually

Darkening of lips is a common concern faced by many girls and women over time. While it may appear sudden or alarming, lip discolouration is often the result of everyday habits rather than any serious medical issue. Taking a closer look at routine behaviours can help identify the cause and guide corrective care.

The skin on the lips is significantly thinner and more delicate than the rest of the face. It lacks oil glands and natural protection, making it more vulnerable to damage, dryness, and pigmentation. As a result, even small, repeated habits can have a visible impact over time.

Smoking is one of the most common contributors to dark lips. Nicotine and tar from cigarettes gradually stain the lips, leading to discolouration. Beyond cosmetic effects, smoking also reduces blood circulation, making lips appear dull.

Tip: Quitting is the most effective solution. If stopping suddenly feels difficult, reduce gradually and remove smoking-related items from your surroundings to limit temptation.

Another frequent cause is continuous biting or licking of the lips. Saliva contains enzymes that strip moisture from the lips, leading to dryness, irritation, and eventual pigmentation.

Tip: Keep a nourishing lip balm with ingredients like shea butter, beeswax, or ghee handy and apply it whenever you feel the urge to bite or lick.

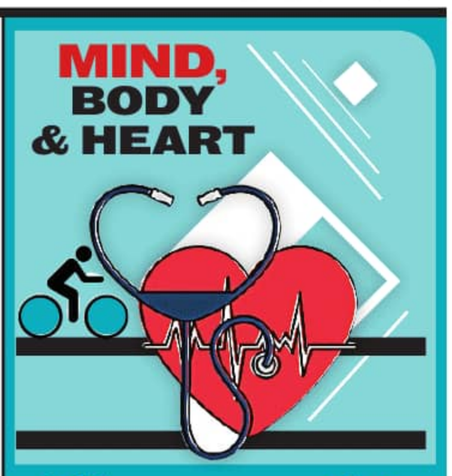
Harsh or expired lip products can also trigger irritation. Poor-quality formulations or expired cosmetics may contain chemicals that react negatively with sensitive lip skin, causing dullness and dark patches.

Tip: Always check ingredient lists and expiry dates. Opt for gentle, natural formulations whenever possible.

Lastly, poor lip care plays a significant role. Skipping lip balm, not removing makeup properly, and ignoring dryness can worsen pigmentation. Lips also lack natural melanin, making sun protection essential.

Tip: Use a lip balm with at least SPF 15 regularly, remove makeup gently, stay hydrated, and maintain consistent lip care to restore and protect natural lip colour.

—Femina



All you need to know about...

Spine Care

Sitting for long hours at work and spending time running or standing can gradually tighten the hips and lower back, often without immediate discomfort. Over time, this stiffness can quietly affect posture, movement efficiency, and overall body balance. Incorporating gentle mobility exercises into your routine can help restore flexibility, release tension, and improve how your body moves and feels. These exercises are simple, equipment-free, and can be done comfortably at home.

Cat–Cow stretch
It is an ideal way to begin. This slow spinal movement gently wakes up the spine, hips, and lower back. Moving between arcing and rounding the back improves circulation, eases stiffness, and brings calm awareness to the body.

90/90 Hip stretch
This targets deep hip tightness caused by prolonged sitting.
By opening both hips simultaneously, it reduces strain on the lower back and supports better posture when practiced with slow, controlled breathing.

Hip circles
It helps lubricate the hip joints and loosen surrounding muscles.
Moving the hips in controlled circular motions improves mobility while releasing stored tension in the glutes and lower spine.

Seated spinal twist
This improves spinal flexibility and relieves lower-back stiffness. Gentle twisting encourages better posture by lengthening and decompressing the spine.

Glute bridge
This strengthens the hips and glutes while supporting the lower back. Strong glutes reduce pressure on the spine, improve alignment, and enhance overall movement quality.

—Femina

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Safe trip

CITY PAGE 2

Distressing experience while hailing cabs prompts 18-year-old to start women-only auto service that has received overwhelming response

In the pipeline

CITY PAGE 4

Sewage pipe laying work in buffer zone of Varthur Lake alarms environmentalists, but officials say this is must to save lake

Tracking accused in drug-related cases remains tricky as accused keep shifting within city and on top of this new no-deposit, no-brokerage rentals helping them slip through radar; door-to-door policing has its limits, police admit

DRUG DEALERS ARE SLIPPERY CUSTOMERS

Drugs worth ₹270 cr seized in 2025 in Bengaluru

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As of December 2025, police have seized drugs worth over ₹500 crore in Karnataka, even as officials estimate that drugs worth crores continue to circulate freely across the city. Top police officers explain that tracking illegal foreign nationals remains a challenge, as many shift residences frequently, leaving no permanent trail.

Officials state nearly 60% of them have been solved by the Central Crime Branch (CCB). The situation has also raised serious questions about the effectiveness of the 'Mane Mane Police' initiative and the role of no-deposit, no-brokerage rental houses that allow overstaying foreigners to remain off the radar, without any formal rental agreements.

According to data, Narcotics Control Bureau (NCB), Bengaluru Zonal Unit seized approximately ₹270 crore worth of drugs in 2025. CCB police officials told BM that the department has solved nearly 100 cases so far and arrested 141 people involved in drug-related offences. Of these, about 41 were foreign nationals. The CCB also

CONTINUED ON PAGE 4 »

> **"Foreigners pay a good rental amount because of which even house owners don't share the information. Collecting details of each tenant residing in the city is a Herculean task, which requires coordination from all the departments**
>
> —City Police Commissioner Seemanth Kumar Singh

Happy new EV-year

In first week of January, Bengalureans have already bought 1,500 electric vehicles, and this is without any subsidy nudge

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With the beginning of the New Year, at least 275 electric vehicles, on average, are hitting Bengaluru roads daily. In the first week of 2026 (Between January 1 and January 6), more than 1,500 new pure electric vehicles (EVs) have been registered in Bengaluru.

Data from the Vahan dashboard shows that 1,650 EVs have been registered across 11 regional transport offices in the city. Bengaluru South has registered the highest number of registrations (298), followed by 260 new registrations in Bengaluru East RTO and 233 in the Bengaluru West office.

The lowest registries are recorded from Nelamangala (33 EVs) and Devanahalli (21 EVs).

Last year, an average of around 190 EVs were added daily to the city's roads in January.

Experts say if Bengaluru is already selling 275 EVs per day in 2026, this would put the EV penetration rate of the city at roughly 14 percent.

"In 2024–25, on average, 2,000 vehicles, across all categories, were registered per day in Bengaluru. If this trend continues, Bengaluru's EV penetration will be much above the national average for EV penetration in new-vehicle sales.

CONTINUED ON PAGE 6 »

THINGS TO DO

01 Vibe set

The Drawing Room by Smoke House Deli brings back Wild West Fridays, a celebration of live music, easy conversations, and soulful evenings. Known for her dynamic stage presence and powerful vocals, Chan Callie will be performing. **Where: The Drawing Room by Smoke House Deli, Indiranagar; When: January 9, 8 pm**

02 Healing journey

Mental Health Academy India (MHAI) will host a two-day mental health fest titled Expressions, bringing together diverse approaches to emotional well-being and holistic healing and creating awareness around mental health. **Where: MHAI, RK Hegde Nagar; When: January 10 and 11**

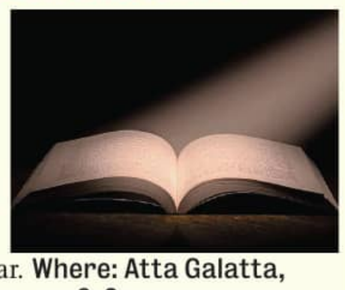
03 Words come alive

Atta Galatta is hosting a book reading by Balakrishna Adiga for his latest collection, The Horse Did Fly, an incisive collection of urban tales, bringing to life everyday characters caught in hilarious and surprising twists. **Where: Atta Galatta, Indiranagar; When: January 9, 5.30 pm**

04 Lit evening

The internationally acclaimed Candlelight® series by Live Your City is bringing an evening where audiences will experience iconic works reimagined through expressive live instrumentation in the soft glow of candlelight. **Where: Hyatt Centric Hebbal; When: January 11, 6.30 pm, 8.30 pm**

05 Read between the lines



Atta Galatta is presenting the launch of Vanilla Hour by Neer Ya, a thoughtful, emotionally grounded story about mothers and daughters, memory, and learning how to live without fear. **Where: Atta Galatta, Indiranagar; When: January 9, 2 pm**

Auto correct for safety of women

College student comes up with new initiative that connects women passengers with women auto drivers, providing safer, calmer, and more reliable commute option

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For most women in Bengaluru, a simple auto ride is never just about reaching a destination. It is about checking the time, sharing live location, choosing familiar routes, and staying alert especially after dark. Safety silently shapes every commute. It is this everyday reality that pushed 18-year-old Divyashri Patil, a first-year degree student, to start Kyra, a women-only auto service in the city.

Launched on January 5, Kyra is a pilot initiative that connects women passengers with women auto drivers through a WhatsApp-based booking system. The idea is simple: safer, calmer, and more reliable travel for women, without unnecessary complexity.

Inspiration behind initiative

Divyashri, a student of Mesa School of Business, says the idea came from her own experiences. "Like most women in Bengaluru, I have always planned my commute around safety. What time I leave, which route I take, whether it is okay to stay out late, and who I should call just in case. It is something so normal for women that we rarely question it, but it does get exhausting," she told BM.

She recalls a particularly distressing incident that stayed with her. "I once had a cab driver yell at me and even ask other drivers not to take me. It was a very bad experience. I travel by auto every day, and sometimes I have to travel late at night after 10 pm. There are moments when I feel genuinely scared," she said. Kyra was born out of these fears and a desire to change the situation. "Kyra is a women-only mobility initiative built to make daily commute feel safer, simpler, and less stressful. The goal is not to create something flashy, but to build something women can actually trust," Divyashri said.

To make this possible, she partnered with Prabhavathi, who works closely with women auto drivers and trains them. "We wanted to give women drivers a proper platform. Right now, we have 10 women drivers onboarded, and based on the subscriptions we receive, we will bring more drivers on board," she explained.

Launch response

The response to Kyra's launch, for Divyashri, was overwhelming. On the very first day, with autos stationed across different parts of the city and the launch held at the Sattva Magnificia near Benniganahalli Metro station, Kyra received over 40 ride bookings. "We even had to pause bookings due to limited capacity," Divyashri said. Between January 5 and 6, the team received over 400 enquiries on how to book rides.

Currently, Kyra operates only through WhatsApp to better understand real demand and user needs. "We are learning directly from our users, fixing gaps, and building this thoughtfully. The response on launch day reinforced one thing very clearly, that this is not a niche problem. This is an everyday reality for women in the city," she said.

Future plans

From January 12, Kyra plans to introduce a subscription model, allowing users to book autos for a week or longer, with the same driver picking up and dropping them as per their requirement. Pricing will be similar to existing auto aggregators, with payments based on per-kilometre rates and subscriptions paid upfront.

Beyond mobility, Divyashri sees Kyra as a step towards women empowerment. "Moving forward, we want to train more women to become auto drivers, help them get licences and autos, and give them consistent income opportunities," she said. She is also in the process of raising funds through investors to scale the initiative.

The name Kyra itself reflects the vision behind the service. Divyashri explained that it's a modern feminine name, meaning strong and confident, hoping that every woman feels the same while travelling. At present, the team is also working on developing a dedicated app, which is expected to be rolled out soon, possibly within a month. Once launched, the app will allow users to book autos instantly.

SSLC students caught in school recognition mess

With SSLC exams barely weeks away, hundreds of Class 10 students and their parents are in a state of anxiety as the process of school recognition and renewal is yet to be completed. Adding to the confusion, the Karnataka School Examination and Assessment Board (KSEAB) has directed that students from schools which have not obtained fresh recognition or renewal be registered for the SSLC exam under the names of other recognised schools. This has triggered strong objections from private school associations, who say students are being made to suffer for administrative delays.

As per the Education Department's circular, schools have time till February 12 to apply online for recognition or renewal for the 2025–26 academic year, while district deputy directors have time till February 16 to issue certificates. However, the SSLC exams begin on March 18, and schools without renewal cannot upload student details on the Student Achievement Tracking System. **— BMB**

Countdown begins for Kannada Habba

The city is counting down to a full-blown celebration of language and culture as the two-day Kannada Habba gets underway on January 10 and 11. This is not just another festive gathering but a rich cultural spread that promises a flavour of all the nine rasas, blending literature, music, theatre, folk arts and food into one vibrant experience.

The Kannada Habba will be held at the Mangala Mantapa of NMKRV College, Jayanagar 3rd Block. The aim goes beyond celebration. The festival seeks to root Kannada language and culture deeply in the minds of the next generation while bringing together people of all ages under one cultural roof. Entry to the event is free, making it accessible to everyone.

Cultural feast

The festival will feature an engaging mix of literature, music, theatre, comedy, Yakshagana, dance and vocal performances. Adding to the buzz are a book fair, food festival and multiple interactive events that promise to keep visitors engaged throughout the day. From children discovering the joy of Kannada to senior citizens reconnecting with its depth, the Habba hopes to spark pride and affection for the language across generations. Both days will see programmes running continuously from 10.30 am to 9 pm. Literary discussions, music concerts, cultural showcases, food counters and book stalls will ensure there is never a dull moment.

Grand opening

The Kannada Habba will be formally inaugurated at 11 am on January 10. Art of Living founder Sri Sri Ravi Shankar Guruji, Union Minister HD Kumaraswamy, Home Minister Dr G Parameshwara and Kannada Development Authority representatives are expected to grace the occasion. Several noted writers, artists and film personalities will also take part in the celebrations. With a book fair for literature lovers and a food festival for those looking to indulge, the Kannada Habba promises to be a wholesome cultural carnival. For Bengaluru, it is two days of celebrating not just a language, but an identity. **— BMB**

Not the help you signed up for

Agency allegedly lures families with promises of house help via app, collects advance payments, then refuses responsibility and further contact

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Over the past few years, city residents have reported several cases of thefts involving domestic help. As trust issues grew around hiring individual nannies, many families turned to agencies, believing this would ease the burden of background verification. However, a company operating under the name 'BookMyBai' has now been accused of running an alleged scam targeting families seeking domestic workers. A city resident filed a complaint against the agency on Sunday. Senior police officials noted that this is the first case they have received involving servant-related theft linked to an agency.

City resident files complaint against agency offering house help services through app

Complainant alleges that agency representatives brazenly dared them to go to police, warning that any action could put victim in trouble

Payment taken, work denied

According to the complaint, the agency claims to provide maids through an app and representatives, demanding an advance payment of Rs 25,000. Once the payment is made, a woman is sent to the customer's residence but leaves shortly after entering the house, without performing any work. The agency then allegedly refuses to take responsibility and stops responding to calls.

The complainant stated that on January 4, 2026, a maid was sent to their residence after the advance payment was made. Soon after arriving, the woman reportedly refused to work, stating that she was only instructed to visit the house and not carry out any duties. She allegedly revealed that this was part of her routine assignment at multiple houses every day. She then left the premises without notice.

"When we contacted the maid using the number she had shared, she refused to answer our calls and later told us that this was how the agency operated with all customers. She said she was only following instructions and was being paid to do so. When we warned her that we would approach the police, she claimed the agency regularly handles such complaints through its 'connections' and that taking legal action would not make any difference," the complainant said.

The complainant further alleged that agency representatives openly challenged them to approach the police, warning that taking any action could land the victim in trouble. Soon after, all calls and messages to the agency reportedly went unanswered, and both the maid and agency became unreachable.

Familiar pattern

Further, the complainant saw online reviews and was disturbed by similar experiences shared by others. The family raised concerns about financial fraud, potential theft, and the organised involvement of multiple individuals. They have since approached the Cyber Crime Police, who blocked the agency's account, and registered formal cyber and consumer court complaints.

Despite these steps, there has reportedly been no cooperation from the agency or individuals involved. The complainant believes this is part of a larger organised racket exploiting households by allowing unknown individuals to enter homes under false pretences. The family emailed a complaint to the commissioner, urging the registration of a suo motu FIR, a probe into the agency's network, strict legal action, and the issuance of a public advisory to protect potential victims.

A senior police official said that this was the first such incident reported to their knowledge. The official explained that the primary challenge in domestic help theft cases is the lack of proper verification. In many instances, individuals with previous criminal records or questionable backgrounds manage to secure employment because employers fail to verify their identity, address, or employment history. There are instances where individuals show fake identity cards and addresses. Once hired, they gain easy access to homes, valuables, and sensitive information, making theft easier. The official advised citizens to thoroughly verify agencies before hiring domestic help and ensure cross verification with others who have utilised the agency's services.

A post on Reddit showed several users voicing grievances about the service. One post, from four years ago, described a similar experience in Bengaluru. While the maid initially turned up and completed the work, the user claimed the service was unsatisfactory. After requesting a replacement, no other maid was sent, nor was the payment refunded. The user concluded the post by stating, "This seems like a pure scam to me. I may be wrong, but I have heard similar stories from my friends as well."

With domestic help becoming a necessity in many urban households, police officials state that hundreds of such incidents are reported annually across the city. Often, investigations reveal that cases are linked not to established cleaning service companies, but to unverified individuals and fake agencies that exploit the growing demand.

Airport parking policy slammed for being 'unfair'

Transport Minister Ramalinga Reddy has come down heavily on airport authorities over the new taxi parking policy at Kempegowda International Airport, questioning the disparity between app-based aggregator cabs and local taxi operators. During his visit to the airport, the minister held discussions with taxi drivers and heard their grievances over the revised parking system. Expressing dissatisfaction, he asked officials why Ola and Uber taxis were allowed parking close to the terminal, while local and other private taxis were pushed nearly a kilometre away. -BMB

Karnataka marks one year of being declared 'Naxal-free'

As the Union government pushes states to end the Maoist movement across the country by March 31, Karnataka is already marking the first anniversary of being declared 'Naxal-free'. On January 8, 2025, the state government formally announced the end of organised Maoist activity, a milestone that has now completed one year. The declaration followed the surrender of six Maoist cadres who returned to the mainstream on January 8, 2025, under the leadership of the Naxal Rehabilitation Committee and the Citizens' Forum for Peace. Karnataka's one-year milestone stands out, even as questions remain on rehabilitation and justice. –BMB

PAGE 7

B'luru's dug itself into this hole

BM Food & Night Life

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Environmentalists demand halt to Varthur Lake sewage work

Ongoing sewage pipeline construction in Varthur Lake sparks protests from environmentalists, highlighting disregard for NGT guidelines, local stakeholder concerns, and ecological sustainability

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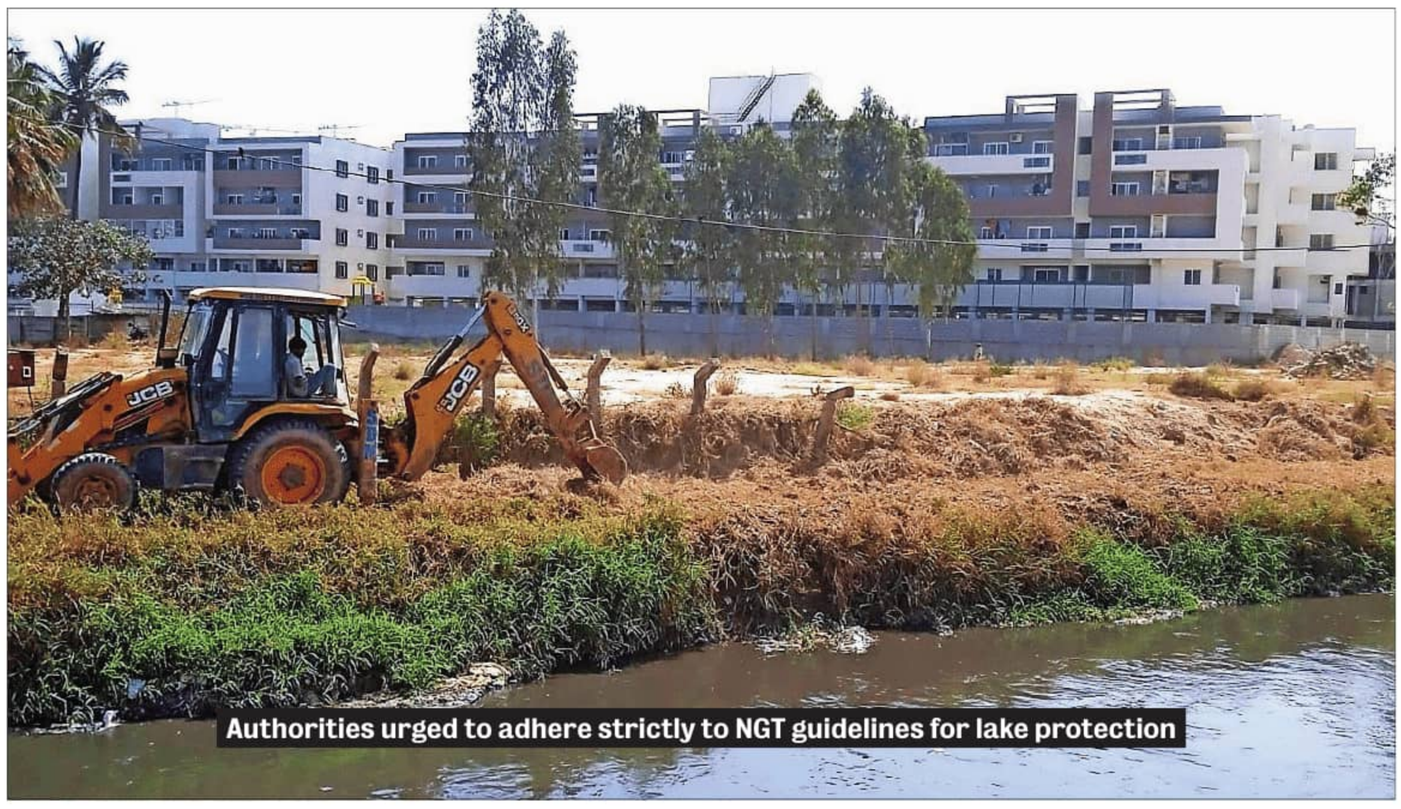
Authorities urged to adhere strictly to NGT guidelines for lake protection

Environmentalists and lake activists have raised strong objections against the ongoing sewage pipe-laying work at Varthur Lake. They argue that any construction at the water body or within its buffer zone violates the norms prescribed by the National Green Tribunal (NGT). The Bengaluru Water Supply and Sewerage Board (BWSSB) engineers, however, maintain that laying a 700 mm sanitary pipe is essential to protect the lake, a claim environmentalists are unwilling to accept.

"We bring to the attention of the public and concerned authorities a serious and blatant violation of environmental laws by the BWSSB, which is currently executing sewage pipeline works inside the Varthur lake boundary. This work is being carried out without mandatory permission from the Bangalore Development Authority (BDA) and in clear violation of NGT guidelines, which strictly prohibit any construction or permanent infrastructure activity within lake beds and buffer zones," said Jagadish Reddy of Varthur Rising. Activists highlighted that despite repeated objections and explicit directions from local stakeholders to realign the pipeline outside the lake buffer zone, BWSSB has continued operations within the lake area. They warned that such actions are causing irreversible ecological disturbance and directly undermine lake conservation efforts, groundwater recharge, flood mitigation, and biodiversity protection.

Expressing concern over violations of NGT norms, environmentalist Elangovan Kulandaivelu said the pipeline laid by the Minor Irrigation Department has yet to be shifted from the lake. "The BWSSB proposed to construct a sewage treatment plant (STP) 10 years ago but has not taken measures in this regard. Why has the STP work not started till date, and what about the budget for the STP? Water quality in Varthur Lake is very poor. I am of the view that half of the problems of lakes in the city are due to the BWSSB," he said.

Prof TV Ramachandra, former member of the NGT monitoring committee, also condemned work in the buffer zones of Varthur and Bellandur lakes. "The authorities concerned are yet to take measures to remove the pipeline put up in the middle of Varthur Lake by the Minor Irrigation Department. I am of the opinion that the BWSSB authorities must obtain NGT permission to carry out works in the buffer zone. Permanent structures are not allowed. The NGT had directed the authorities to remove the pipeline," he said.

> **"It is expected to carry sewage from Chikka Bellandur, Varthur, and Gunjur to the proposed STP at Sorahunase, which will have a 25 MLD capacity. We are not laying the pipeline in the lake**
>
> – BWSSB Executive Engineer

Activists demand that BWSSB immediately halt ongoing works at Varthur Lake and disclose all approvals and clearances from higher authorities. They insist the sewer pipeline be rerouted outside the lake buffer zone.

In response, a BWSSB Executive Engineer defended the work, stating, "The proposed sewer pipeline is aimed at protecting Varthur Lake. It will prevent sewage from entering the water body. It is expected to carry sewage from Chikka Bellandur, Varthur, and Gunjur to the proposed STP at Sorahunase, which will have a 25 MLD capacity. We are not laying the pipeline in the lake."

Police has no control over rental agreements

CONTINUED FROM PAGE 1

conducted 70 raids, during which 84 foreign nationals were traced. All necessary reports were submitted to the FRRO, after which the foreigners were sent to a FRC (detention centre).

In recent days, a new rental model offering no-deposit and no-brokerage accommodation has gained traction in Bengaluru. According to sources who have lived in such setups, the arrangement functions more like a lodge, where tenants pay rent and are free to move out at any time. "There is no rental agreement, and if any issues arise in the household pertaining to water or electricity, the building manager, who acts as a caretaker, handles them," a source explained. Such offers are common in popular areas with young professionals such as HSR layout, Koramangala, Whitefield and Electronic City.

City Police Commissioner Seemanth Kumar Singh explains that there is no control over rental agreements, limiting the police officials' role. This gap leads to multiple issues beyond drug-related crimes, including GST and income tax evasion, as rent is often collected in cash. Singh says the corporation must closely monitor such cases, while loopholes in regulating commercial and rental buildings will be examined by the GBA. "We are more concerned about foreigners, who keep shifting from various cities within India. They keep moving, even within the city. Foreigners pay a good rental amount because of which even house owners don't share the information. Collecting details of each tenant residing in the city is a Herculean task, which requires coordination from all the departments. We are only bothered about persons' intentions, that's why we introduced the FORM C," the Commissioner added.

However, according to law, landlords are mandated to conduct tenant verification, including to submit all the necessary documents including form-C to the nearest police station. Landlords who fail to comply with tenant verification rules can face legal actions. As per data presented in the Karnataka Legislative Assembly in September 2025, nearly 13,675 foreign nationals reside across the state and more than 10,000 foreign nationals in Bengaluru city. Out of this, 424 were staying illegally.

According to DCP crime II Raja Imam Kasim P, "As many as 445 foreign nationals, who were staying illegally have been deported, while 55 foreign nationals have been arrested in connection with drug-related cases." When BM asked about the role of Mane Mane policing initiative in tracking down drug cases, he explained, "Mane mane policing initiative has helped solve small cases through grassroots policing."

However, in a recent case, three officers were suspended on December 29 for negligence after failing to gather intelligence in a case of drug manufacturing and storage units operating within their jurisdictions. These were unearthed by the Maharashtra Anti-Narcotics Task Force (ANTF) in a joint operation with the Bengaluru City Police. The bust raised questions on how effective the programme is in their jurisdictions. Commissioner Singh said the officers were placed under suspension for negligence due to their failure to gather actionable intelligence. He added that the inspectors had also failed to effectively implement the Mane Mane Police initiative in their respective limits. Further explaining the issue, the Commissioner said that under the Mane Mane Police initiative, officers identify foreigners who have overstayed their visas and those involved in drug-related activities.

However, he noted that a major challenge is that such individuals frequently change their addresses, making tracking difficult even with door-to-door policing.

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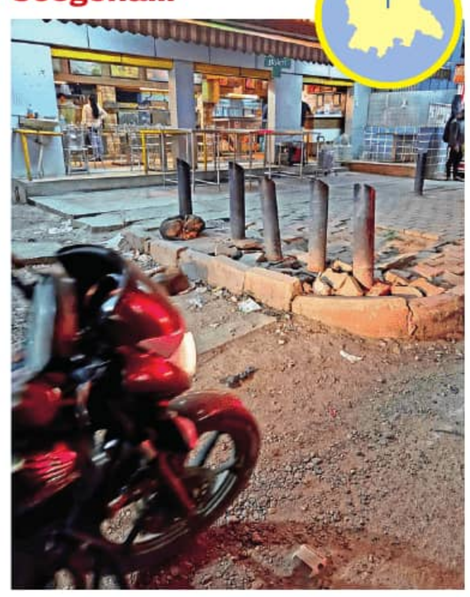
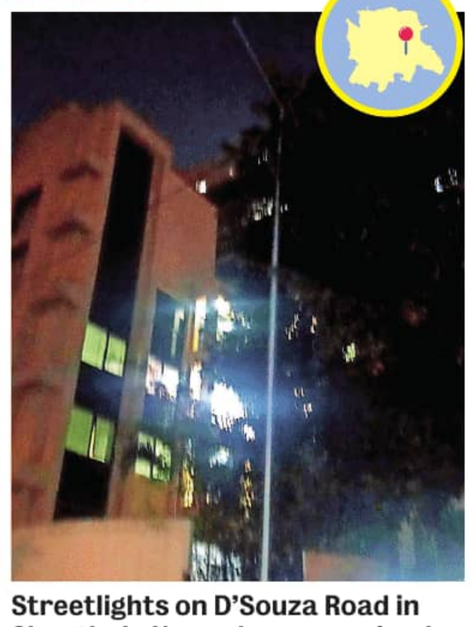
Unsafe footpath
Seegehalli


A footpath laid barely a year ago on Whitefield–Hoskote Road in Seegehalli has deteriorated severely, raising safety concerns for pedestrians.

Safety risk
Richmond Town

A footpath reflector on Richmond Road has been stained with pan marks, significantly reducing visibility and posing a risk to motorists

Failed streetlights
D'Souza Road


Streetlights on D'Souza Road in Shanthala Nagar have remained non-functional for the past three nights, leaving the stretch poorly lit and unsafe.

CRIME FILES

Encroachment at Kogilu village, two arrested

The Yelahanka police arrested two persons in connection with the alleged encroachment of government land at Fakir Colony in Kogilu village, north Bengaluru, on January 7.

The arrested have been identified as Waseem Baig (55) and Vijay Kumar (36). Police said several individuals had illegally occupied government land in Kogilu village and erected temporary sheds without obtaining authorisation. Acting on complaints from residents and officials, the Greater Bengaluru Authority conducted an eviction drive and removed the unauthorised structures.

Following the eviction, Yelahanka police registered an FIR under provisions of the Karnataka Land Grabbing Prohibition Act against those involved in the illegal occupation of public property. During preliminary investigations, police found that Waseem Baig and Vijay Kumar allegedly played active roles in encroaching upon government land and facilitating unlawful land grabbing in the area.

Both accused were taken into custody and later produced before a magistrate. The court remanded them to 14 days of police custody to enable further investigation. Police officials said inquiries are ongoing to identify other individuals involved and determine the extent of occupation. Police are verifying revenue records. **–BMB**

Two men cheat aspirants of ₹50 lakh

A 60-year-old has lodged a complaint alleging that two men cheated aspirants by promising government jobs in the Karnataka Milk Federation (KMF) and collected ₹50 lakh.

The complainant said he was introduced in 2022 to N Krishnan, who claimed to be a KAS officer and KMF director, through an acquaintance, Gopi, at a Malleswaram hotel. Another accused, Nagaraj, was associated with Krishnan. They allegedly showed identity cards, claiming authority to recruit candidates for KMF without any written test or interview. They told the complainant about 25 vacancies and demanded ₹10 lakh per candidate as a "government-related fee," assuring appointment letters within three months. Trusting them, the complainant involved relatives and acquaintances, including Vijayendra S Patil, Madhu GD, Anita S, Suraj P, and Akshaya Nayak M.

Between December 2022 and December 2023, the group allegedly paid ₹36 lakh via bank transfers and ₹14 lakh in cash. In March 2024, an agreement was signed and cheques issued promising refunds if jobs were not provided. No appointment letters were issued, more money was demanded, and the accused allegedly refused to return the funds. Malleswaram police have registered a case and investigations are ongoing. **–BMB**

Fake social media accounts target citizen

A case of social media impersonation and cyber fraud has been reported after a woman alleged that unidentified persons created and misused fake social networking accounts in her name, causing serious damage to her reputation and public trust. An FIR has been registered against unknown persons for allegedly using the name and identity of CK Ramamurthy to create a fake account.

Based on a complaint filed by the victim, police registered the case on January 6, 2025. The incident came to light when it was discovered that fake Facebook and Instagram accounts had been created using his identity to impersonate him. The accused allegedly contacted public members and known contacts, sending messages and requests for money under false pretences. The Facebook profile "CK Ramamurthy" and Instagram account "ck_ramamurthy" were misused, deactivated, and hacked for fraudulent purposes.

The accused allegedly sent false, defamatory, and obscene messages, damaging the complainant's reputation, dignity, and public trust. Police have taken cognisance under Section 66D of the IT Act, which deals with cheating by personation using computer resources. Investigations are underway to trace the culprits and identify the source of the fake accounts. **–BMB**

Instagram abuse: fifth arrest

The Cyber Crime Police of the Central Crime Branch (CCB) arrested another accused in connection with obscene messages sent to actor Darshan's wife, Vijayalakshmi, on social media. With this arrest, the total number of accused rose to five. The newly arrested, Dariyappa from North Karnataka, allegedly sent abusive messages through an Instagram account named "Karpurata Gombe," posting derogatory content targeting her. Earlier, Nagaraj Gullappa Talwar (23) from Hubballi, auditor Prashanth Talwar (23) from Dharwad, and two others, Chandrashekar and Nithin, were arrested for posting obscene comments and objectionable content online. The case began after Vijayalakshmi attended a programme for the film Devil in Davanagere. Several users uploaded her photos and posted obscene comments. She filed a complaint against 18 accounts, prompting a cyber-crime investigation. **–BMB**

Bar theft case cracked

The Govindpur police have arrested a man for allegedly stealing cash from a bar on Chanakya Layout Main Road and seized ₹94,300 along with a car reportedly used in the crime. The total value of the recovered property is estimated at ₹3.94 lakh. The incident came to light on December 19, 2025, when the bar's cashier lodged a complaint at Govindpur Police Station. The cashier said an unknown person had cut the iron rod of a window during the night and stolen nearly ₹1 lakh from the cash drawer. Police launched an investigation and collected information from multiple sources. Acting on credible leads, they arrested a suspect on December 23, 2025, from MRS Palya, Bensontown. During interrogation, he reportedly confessed and revealed the money's location. The accused was produced before court and remanded. **–BMB**

HC drops 498A case against neighbour

The Karnataka High Court has quashed criminal proceedings against a woman who was named as an accused in a matrimonial cruelty case, holding that she was only a neighbour of the husband and not a member of his family, and therefore could not be prosecuted under Section 498A of the Indian Penal Code.

The case arose from a complaint filed by a married woman alleging harassment and cruelty over dowry demands by her husband and his relatives. Along with family members, a woman residing in the neighbourhood was also accused, with the complainant claiming that she had instigated the husband to ill-treat her. Based on the complaint, the police registered a case under multiple IPC provisions, including Section 498A, and subsequently filed a charge sheet.

Challenging the proceedings, the neighbour approached the High Court seeking quashing of the case against her. She argued that Section 498A applies only to the husband or his relatives and that she had no familial relationship with him. Court says extending 498A to neighbours misuses law. **–BMB**

IN HIGH COURT

No licence, no cover: Owner pays

The Karnataka High Court has ruled that vehicle owners are responsible for ensuring their drivers hold valid driving licences, failing which insurance companies cannot be compelled to pay compensation after an accident. The court observed that permitting a driver without a valid licence constitutes a clear violation of insurance policy conditions, making the owner solely liable for compensation.

The court dismissed the school's plea, noting the driver's licence had expired before the 2008 accident when floods swept the bus into the Phalguni river, leading to compensation order.

State govt must consider tax exemptions, experts say

CONTINUED FROM PAGE 1

However, a week's data is too small to predict trends and patterns," said Ankith Hebbar P, Senior Associate in the Green Mobility team at Center for Study of Science, Technology and Policy (CSTEP).

According to Hebbar, to further accelerate acceptance of EVs, the state government can consider incentivising the installation of Open Charge Point Protocol (OCPP)-enabled EV slow chargers in all parking slots in offices and apartments.

"Incentives may include subsidies and tax rebates. Current sales are despite the absence of state subsidies. While the Delhi government has given purchase subsidies, Bengaluru has pulled ahead on its own. The Karnataka government should consider rolling out purchase subsidies to further drive the adoption rate," added Hebbar.

Notably, in the given period (Between January 1 and January 6), Delhi recorded 1,425 new EV registrations.

In 2025, Karnataka introduced the Motor Vehicle Taxation (Amendment) Act, which ended the previous full road tax exemption for all EVs, irrespective of their price. Now, while EVs with an ex-showroom price under Rs 25 lakh are exempt from lifetime tax, those priced above Rs 25 lakh are subjected to a 10 percent lifetime tax on the cost of the vehicle at the time of registration. Experts say the new policy is part of the state government's effort to balance revenue generation while achieving its clean mobility goal, and the new taxation system is unlikely to bring down the adoption rate.

"Many major states in India are still providing complete tax exemption on EVs, which might hamper Karnataka's growth in the EV market. It might also deter early adopters as it will lead to increased upfront costs. However, the system applies mostly to private vehicles, including luxury cars; there might not be a significant drop in the adoption rate," said a city-based mobility expert.

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CHANGE OF NAME

I, Toukir Khan R/o No 48/8 3rd Cross Opp St Joseph' High School Bangalore 560002 Have Chnged My Name to Toukeer Khan for All Purposes.

I, Anil R/o Vadaratti, Maragudi, Belagavi District, Karnataka – 591304 have changed my minor son's name from Atharva Anil Patil to Atharv Anil Patil .

I Tara Rajendra Kumar Jain, r/o #1380/D/9, 6th cross, Ashoknagar, Bangalore South, Banashankari, Bangalore 560050, have changed my name to Tara.

I, Neeladhara S/o Vasudevarao Bhandarkar, R/o No. Sf-i, Sri Renuka Residency, Sai Garden, 8th B Main, Srinidhi Layout, Vidyaranyapura, B'luru-560097 Have Changed My Name To Neeladhara Bhandarkar.

I, SHAIK IRSHAD resident No. 343 A, 9th Cross, Kuppuswamy Layout, Nagavara, Bangalore-560045 have changed my name to MOHAMMED ISHRAD vide affidavit dated 07/01/2026 sworn before notary Ambika.S, Bangalore.

I, Mahesha N R/o No.25, 2nd cross, Mariyappa Lyt, Vidyaranyapura, Bengaluru 560097 have changed my name to Mahesh N (Mahesh Nagaraju) I shall be called by this name for all purposes

I, Shadab S/o Abdul Rajaq Babu Patel R/o No 328 Janatha Colony Mavenakatte Palya Kunigal Post Tumakuru - 572130 Have Changed My Name to Shadap Razzak Patel for All Purposes.

I, PRATEEK CHOUDHARY S/o Kailash Chaudhary Aged About 40 Years R/at Flat No.602, Andes Block, Heritage Estate Apartment, Doddaballapur Main Road, Near CRPF Campus, Yelahanka, Bengaluru – 560064 have changed my name to PRATEEK CHAUDHARY vide affidavit dtd:08/01/2026 sworn before notary Uday Kumar K, B'luru

I, Karthik R R/o Bangalore Karnataka have changed my minor son's name from Mohammed Hussain to Kruthik K for all purposes.

I, Savita Thakkannavar R/o Nandi Meadows, No.15, 4th cross, Royal Placid Lyt, Sector 2 HSR layout, Bengaluru 560102 have changed my name to Savita Siddling Thakkannavar. I shall be called by this name for all purposes

I, WAHIDA BANU, W/o. Afzal Pasha, residing at No. 4, 2nd Cross, Potters Colony, behind new Bamboo Bazaar, Bengaluru-560002, have changed my name to WAHIDA BANU AFZAL by virtue of my marriage, vide affidavit dated 08.01.2026, sworn before notary K.S Chandrashekar, Bangalore.

I, SRIDHAR PATTABIRAMAREDDY S/o Pattabhirama Reddy Channayyagaripalli Krishnareddy Aged About 35 Years R/at No.51, Channayyagaripalli, Matakannsandra Post, Srinivasapur Taluk, Kolar - 563131, Karnataka have changed my name to SRIDHAR PATTABHIRAMA REDDY vide affidavit dtd:08/01/2026 sworn before notary UDAY KUMAR K, Bengaluru.

I, Bilkis Parveen R/o No 41 Ground Floor 12th Cross Kushal Nagar Behind Al Azeez Masjid 2nd Cross Sowkar Lane K G Halli Arabic College Bengaluru - 560045. Have Changed My Name to Bilqis Parveen for All Purposes.

I, PREM S/o Sundaramoorthy Jayaprakash Aged About 25 Years R/at No.24, 2nd Cross, Poojappa Road, Ramaswamy Palya, Bengaluru-560033 have changed my name to PREM JAYAPRAKASH vide affidavit dtd:08/01/2026 sworn before notary Uday Kumar K, B'luru.

I, Venkataram R, S/o Rajappa, residing at Bangalore, Karnataka, have changed my name to Venkatram

LOST & FOUND

CLIENT Name Folio No Share Certificate No Shares Distinctive From Distinctive TO FACE VALUE L CHITRA REDDY CNB070755 1797846 5500 9051518761 9051524260 2/- L CHITRA REDDY CNB070756 1797847 6000 9051524261 9051530260 2/- Missing Date 03/03/2025 Adress No 442 9th cross JP Nagar 2nd Phase Bangalore 560078 Mobile No 9341928279

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B'luru's dug itself deep into this hole

Report highlights significant exhaustion of groundwater in several areas across city, with 12 of 15 units assessed found to be overexploited and one in critical state

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The Central Ground Water Board (CGWB), in its latest assessment of groundwater reserves, has yet again highlighted that the natural resource in the majority of the areas in and around Bengaluru is overexploited.

Out of 15 assessment units, 12 were found overexploited, one in a critical state, one semi-critical, and one assessment unit has been found safe.

The groundwater units were assessed by the Board in 2025.

While the ground water table in Devanahalli, Doddaballapura, Hosakote, Nelamangala, Anekal, Bengaluru North, Bengaluru Central, Bengaluru East, Bengaluru South, Yelahanka, Harohalli, and Magadi have been categorised as over-exploited, groundwater extraction in Kanakapura is semi-critical, in Ramanagar it is critical, and in Channapatna it is safe.

City-based groundwater specialist says regulations are needed to ensure extracted groundwater is used responsibly and is not wasted

IN FOCUS
Water woes

Experts emphasise that addressing groundwater overuse requires strong focus on large-scale recharge efforts, alongside reducing extraction through public awareness and regulatory tools

In a previous report released last year, the Board highlighted that the stage of extraction of groundwater in Bengaluru Urban is 187 per cent, and in Bengaluru Rural, it is 147 per cent. While the total annual extractable groundwater available for Bengaluru Rural was set at 15,752.4 ham, the district was extracting 23,164.46 ham. Similarly, the yearly extractable resource for Bengaluru Urban was 28,565.58 ham, but the extraction was found to be almost double, 53,332.51 ham.

While Bengaluru has been extracting more water than available, its recharge capacity was rated as the worst across all 31 districts in Karnataka.

Experts emphasise that addressing groundwater overuse requires a strong focus on large-scale recharge efforts, alongside reducing extraction through public awareness and regulatory tools.

A city-based groundwater specialist noted that regulations are needed to ensure extracted groundwater is used responsibly and is not wasted. Moreover, while some recharge structures, initiated by some NGOs and also the Greater Bengaluru Authority (formerly BBMP), have come up in the city over the last few years, they are not sufficient. "There is a need to scale up these recharge measures to improve the groundwater table," said a city-based hydrologist.

Notably, the GBA, in association with a non-profit organisation, had dug nearly 5,000 recharge wells across more than 300 parks in the city by the end of last year. These recharge wells are 40 feet deep and 5 feet in diameter. They were dug by BBMP's Horticulture Department to catch rainwater and improve the groundwater table.

SOCIALTATTLE

WHAT'S TWEETING

A social media user highlighted medians being dumped on footpaths near Bagmane Tech Park, EMC bus stop, calling out how storage is prioritised over walkability. The visuals underscore a recurring Bengaluru problem footpaths meant for pedestrians being encroached upon, forcing people onto dangerous carriageways.

theuglyindian @theuglyindian · 2h
Great work by Team Ward 29, Sarvagna Nagar Divn, Bir North City Corpn.
Let's make Bengaluru a Walkaluru!
One footpath at a time.
#walkaluru #gbaofficial #blrnorthcitycorpn
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@GBAChiefComm

In Kacharakanahalli, a once-neglected footpath used as a dumping ground has been reclaimed and revived. The Ugly Indians cleared waste, beautified the stretch and restored it for safe pedestrian use.

The Bengaluru Traffic Police has begun cracking down on vehicles using illegal and blinding flash lights, citing safety concerns. Officials say such lights pose serious risks to oncoming motorists and pedestrians, especially at night, and enforcement will be intensified to curb the growing menace.

INBRIEF

Engineers to pay for construction losses

The state government has decided to recover crores of rupees lost due to poor-quality construction at Vikasa Soudha from six engineers, including the Minor Irrigation Department Secretary, if the amount cannot be realised from the contractor. Acting on the Lokayukta's report, the government has ordered disciplinary action against the officials for dereliction of duty in supervising the work.

The construction in question was carried out between 2001 and 2005. Penalties have been imposed on six engineers. While one engineer retired in February 2022, another engineer is due to retire in July 2028. Orders imposing penalties were issued by the Department of Personnel and Administrative Reforms on December 15. Earlier, in January 2021, penalties were imposed on four other retired engineers linked to the case. The issue dates back to a complaint filed with the Lokayukta in October 2006, alleging substandard work at Vikasa Soudha. A technical inspection confirmed the lapses, following which the Lokayukta recommended action against 14 engineers. Based on this, the government had ordered departmental inquiries in 2009, culminating in the present action. –BMB

Most pending revenue cases are in B'luru

The highest number of pending cases before assistant commissioner courts are in and around Bengaluru, Revenue Minister Krishna Byre Gowda said. Bengaluru Urban, Bengaluru Rural, Tumakuru and Ramanagara districts together account for a large chunk of the backlog in the state, he said during a monthly progress review meeting at Vidhana Soudha, directing officials to fast-track disposal of cases in these districts.

Out of nearly 19,000 pending cases across Karnataka, around 13,000 are from these four districts alone, the minister noted, calling the situation worrying.

While the pendency has come down from 15,364 cases in October to 13,610 now, he said officials must clear cases stuck due to missing records, unresolved matters before RCCMA, ineligible petitions and those reserved for orders by the end of January. –BMB

Ecologist Madhav Gadgil passes away at 83

Eminent ecologist Madhav Gadgil, founder of the Centre for Environmental Studies at the Indian Institute of Science and Chairman of the Western Ghats Ecology Expert Panel (Gadgil Commission), passed away at the age of 83 on January 7 in Pune, Maharashtra, after a brief illness.

Gadgil, a graduate of Fergusson College in 1963, devoted his entire life to environmental conservation and the preservation of the Western Ghats.

Back in 2010, he was appointed as Chairman of the Gadgil Commission, known for its landmark report on the fragile ecosystem of the Western Ghats. Gadgil recommended that a significant portion of the Western Ghats be declared as an ecologically sensitive area, with restrictions on development activities. Gadgil, who always expressed concern about the gradual destruction of forested areas of the Western Ghats, provided in his reports elements that serve as guiding principles for environmental conservation in India. –BMB

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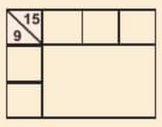
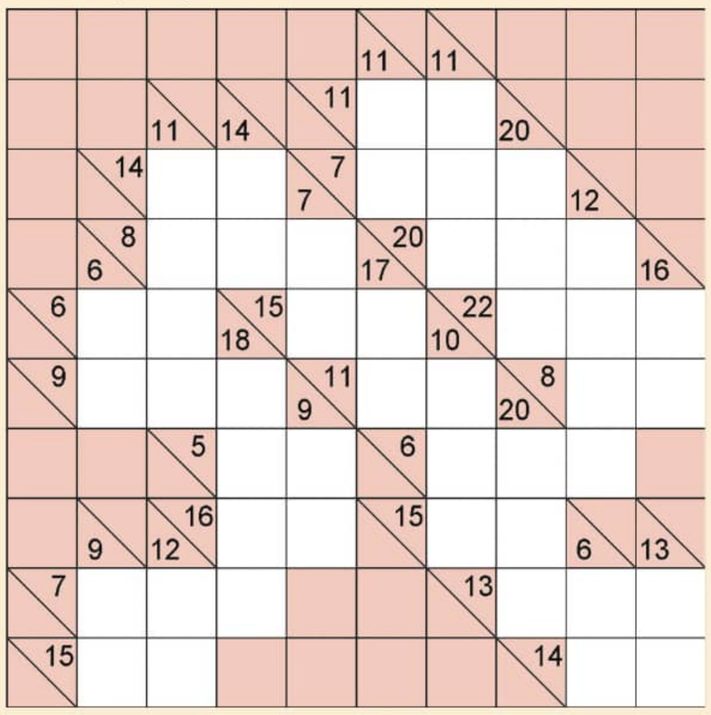
Kakuro

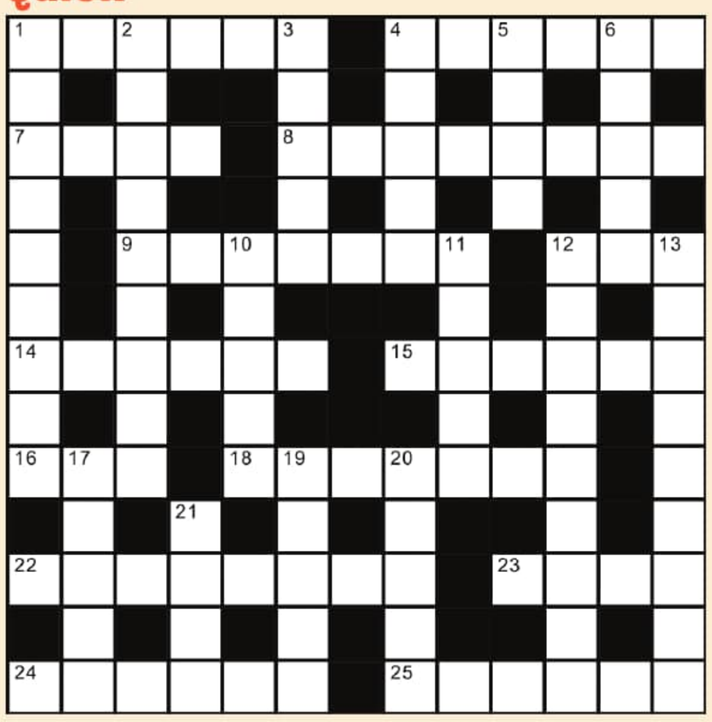
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Queen of Crime ___ Christie (6)
4 Bad-mouth (6)
7 Concerning, in legal terms (2,2)
8 Remonstrated (8)
9 Jayachamaraja Wodeyar ____ : Last king of Mysore and first Governor of Karnataka (7)
12 Legal thing (3)
14 Mean (6)
15 Not firm; limp (6)
16 Popular TV show hosted by Big B (3)
18 Unbeliever (7)
22 Indian silver medallist at the 2016 Olympics (1,1,6)
23 Wealthy (4)
24 Splinter (6)
25 A score (6)

DOWN

1 Too much to put up with? (1,3,5)
2 Gymnastic (9)
3 Pleasant smell (5)
4 Laila's counterpart (5)
5 Fortune, good or bad (4)
6 Farm birds (5)
10 Indian language (5)
11 Angered (5)
12 Uprising (9)
13 Fashionably (9)
17 Canted edge (5)
19 Lowest point (5)
20 A North American Eskimo (5)
21 Capital of Ukraine (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: K EQUALS P

TBEXCCTHXBOX MXOFHBTIXJ GSPE SPJ SPKKXBXQ. HXBTRJ MXOFHBTIXJ GSPE GTCC SPKKXB.

Linemaro

Are you the one?

Mindchow

One can easily judge the character of a person by the way they treat people who can do nothing for them

Joke of the day

Only one man in a thousand is a leader of men. The other 999 follow women

Loop

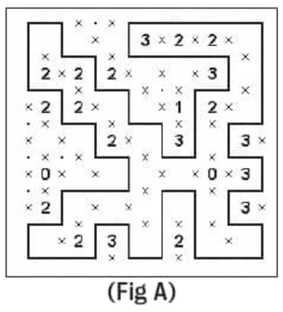
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

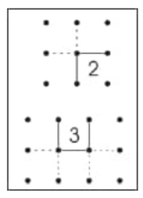
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

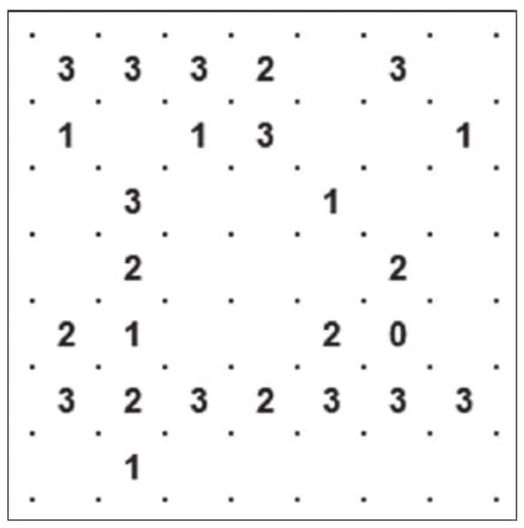
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



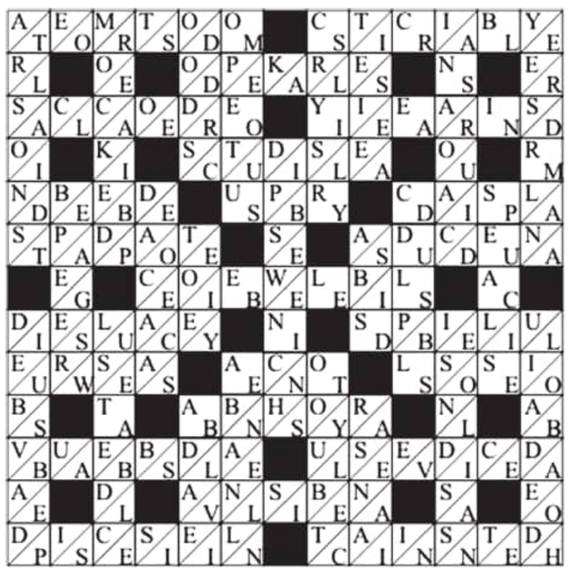
(Fig A)



(Fig B) Not Allowed



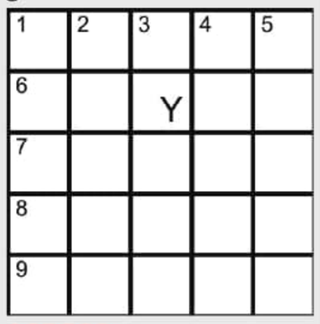
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Arcas; 6 Bayes; 7 When C; 8 It lee; 9 Coder

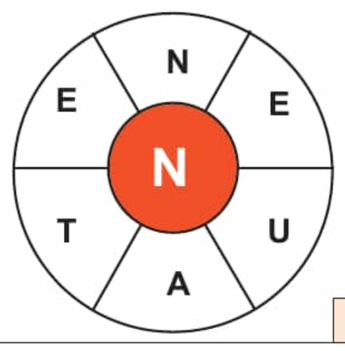
DOWN

1 Wades; 2 Ale be; 3 In CCY; 4 Or etc; 5 Hears

Mensapuzzle

Which character is missing from the point in the last star?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; **06** Good; **08** Outstanding

SudokuChallenge

		6				7	1	
3		5			2	9		
	2				1			
				7		3		
1	7		4		6		9	5
		4		2				
			9				8	
		8	5			2		9
	4	3				6		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy

= 24

3 5 7 9

Medium

= 20

9 6 5 1

Hard

= 6

3 6 7 8

Hocusfocus

Find at least six differences in details between panels.

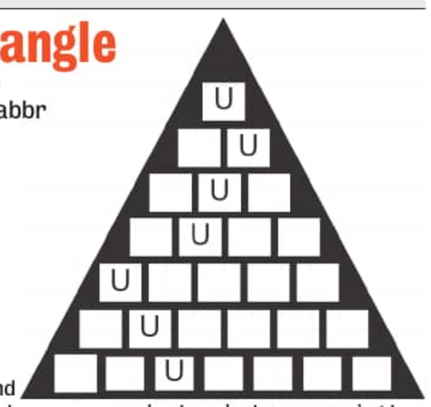
Differences: 1. Golf bag is moved. 2. Ball is moved. 3. Man's arm is moved. 4. Club is missing. 5. Lines on tree trunk are missing. 6. Bush is larger.

Riddler

Can you decipher this:
ssugarpsugarosugarosugarn M E D I C I N E

Alpha triangle

1 Horseshoe letter
2 Delhi University abbr
3 Owing
4 Sand hill
5 Below
6 Unwelcome load
7 Cad



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye

OLIVE HAS TO PAY A DOWRY TO MARRY YER KING?
IT IS THE CUSTOM!! WHERE ARE THE PIGS AND COWS?
I DON'T CARRY LIVESTOCK ON ME SHIP!
I HAVE SIXTY-THREE CENTS!!
WELCOME TO DUNDER, ROYAL QUEEN!!
?
?
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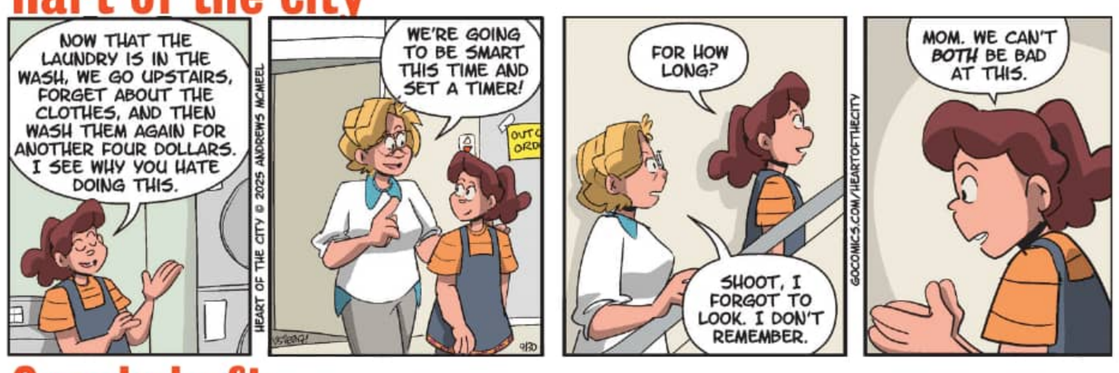
popeye.com
4-10

Bizarrotrip

Diamond Lil

Hart of the city


NOW THAT THE LAUNDRY IS IN THE WASH, WE GO UPSTAIRS, FORGET ABOUT THE CLOTHES, AND THEN WASH THEM AGAIN FOR ANOTHER FOUR DOLLARS. I SEE WHY YOU HATE DOING THIS.
HEART OF THE CITY © 2025 ANDREWS MCMEEL
WE'RE GOING TO BE SMART THIS TIME AND SET A TIMER!
FOR HOW LONG?
SHOOT, I FORGOT TO LOOK. I DON'T REMEMBER.
©GOCOMICS.COM/HEARTOFTHECITY
MOM. WE CAN'T BOTH BE BAD AT THIS.

Crankshaft

ARE YOU REALLY THE GUY WHO DOES 'THE WRINKLES' COMIC STRIP?
YES, I ACTUALLY AM.
WELL, I'VE GOT A BONE TO PICK WITH YOU!
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BATIUK & DAVIS tombatiuk.com/books
9-30

Mutts

WRITTEN IN THE STARS

Dr SUNDEEP KOCHAR

If it's your birthday today

Your year will be defined by optimism, adventure, and the pursuit of truth. Say yes to new experiences that challenge your beliefs and expand your world view. An exciting collaboration with someone from a di erent background is likely. Maintain your sunny disposition; it acts as a magnet for opportunity and good fortune all year.

Aries Mar 21–Apr 20

Your primary focus is smart saving; avoid spending on unnecessary things today. Financial discipline is vital for long-term health. An unexpected person shows romantic interest; proceed with caution.

Taurus Apr 21–May 20

Nurture your romantic side; express feelings or enjoy quality time with loved ones now. Assess your long-term career goals and make necessary adjustments.

Gemini May 21–Jun 21

Keep your focus firmly fixed on the future and face past issues with resilience. Prioritise your well-being if a past romance attempts contact. Avoid distractions at work.

Cancer Jun 22–July 23

Embrace growth and discovery; learn a new skill to boost work e ciency now. Delve deeper to discover something new about your partner today. Begin exploring property options for future buying plans.

Leo Jul 24 – Aug 23

A surge of motivation inspires you to tackle lingering unfinished tasks and loose ends. Revisit your list for productivity. Commit to self-reflection and put plans for personal growth into immediate, decisive action today.

Virgo Aug 24–Sep 23

Refocus your energy back to work and rea rm your leadership in the field now. Prioritise professional duties for undivided attention and success. Express gratitude through prayer or meditation for the good fortune ahead.

Libra Sep 24–Oct 22

A wave of fresh energy makes tasks easy to complete efficiently at work. Use this productivity burst to also help with household chores. Your family deeply appreciates these e orts. Love is expressed through small actions.

Scorpio Oct 23–Nov 22

Motivation may feel scarce, so focus on the bigger picture and ultimate goals. Take quiet time for introspection to gain necessary clarity. Realign your focus for the future with strategic next steps.

Sagittarius Nov 23–Dec 22

Your magnetic charm naturally boosts your social life and draws attention. Enjoy this, but remain intently focused on work responsibilities. Concentrate on effciently completing your workload, avoiding extra tasks.

Capricorn Dec 23–Jan 20

Take a necessary breather today to regain balance and peace of mind. Quiet reflection or meditation will help. You might develop a crush on someone nearby; they could share the feeling.

Aquarius Jan 21–Feb 19

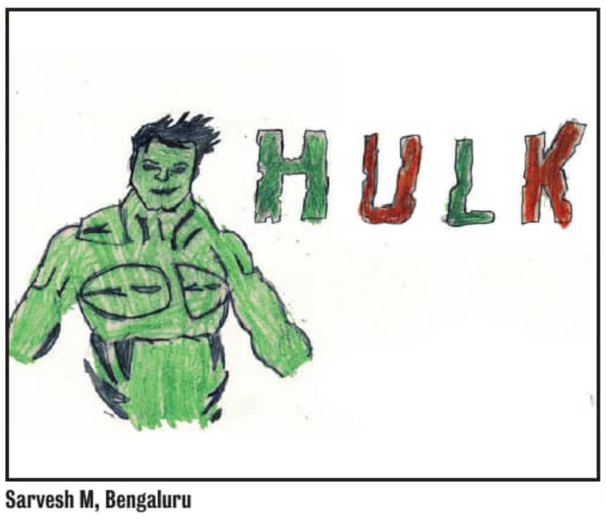
It is perfectly fine if work isn't your top priority today; relax and prioritise self-care. Spend quality time enjoying the things you truly love. Express appreciation to those around you to strengthen positive relationships.

Pisces Feb 20–Mar 20

Your intuition is exceptionally sharp today, with hunches likely to be spot-on. Luck favours you, especially in all financial matters. Enjoy your success, but remember to be generous and spread joy with loved ones.

www.sundeepkochar.com

KIDZONE



Sarvesh M, Bengaluru

Tharun, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

1 x 2 x 6 x 24 = 1+4+27+256
12 x 24 = 5+27+256
288 = 288
True

BULL'S EYE

ante, aunt, eaten, neat, teen, tuna, tune, UNEATEN

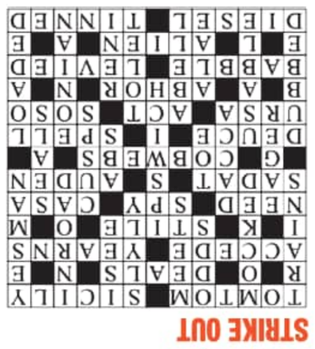
RIDDLER

A spoonful of sugar helps the medicine go down.

FAST FIVE

S	A	C	R	A
A	B	Y	E	S
W	E	N	C	H
E	L	I	T	E
D	E	C	O	R

STRIKE OUT



QUICK

MENSA PUZZLE

5. The sum of the numerical values of the letters are written on the bottom two points of each star as a two digit number.

QUOTE UNCODE

Intelligence recognizes what has happened. Genius recognizes what will happen.

SUDOKU

4	9	6	3	5	8	7	1	2
3	1	5	7	4	2	9	6	8
8	2	7	6	9	1	5	4	3
6	8	9	1	7	5	3	2	4
1	7	2	4	3	6	8	9	5
5	3	4	8	2	9	1	7	6
2	5	1	9	6	3	4	8	7
7	6	8	5	1	4	2	3	9
9	4	3	2	8	7	6	5	1

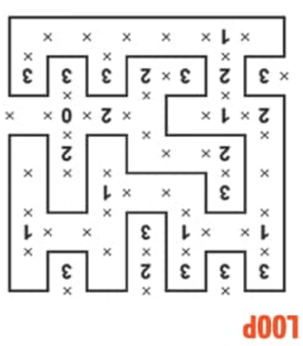
ALPHA TRIANGLE

U, DU, Due, Dune, Under, Burden, Bounder.

GO FIGURE

3 + 5 + 9 + 7 = 24
Easy
9 + 5 + 6 x 1 = 20
Medium
8 - 6 - 3 + 7 = 6
Hard

LOOP



KAKURO

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43 YEARS, ONE ICONIC BEGINNING

Anil Kapoor honours roots credits Kannada industry for shaping cinematic vision and legacy

Legendary actor Anil Kapoor is celebrating an illustrious 43-year journey in the Kannada film industry, marking a milestone that took him back to his roots and the beginning of his cinematic career. Kapoor made his screen debut in 1983 with the romantic drama Pallavi Anu Pallavi, a film that not only introduced him to Kannada cinema but also laid the foundation for his remarkable journey across Indian film industries.

To commemorate the occasion, Anil Kapoor shared a nostalgic Instagram Story featuring the timeless song "O Premi O Premi" from Pallavi Anu Pallavi. Along with the clip, the actor reflected on how his first Kannada film opened doors to storytelling, creativity, and a deeper understanding of cinema. He expressed gratitude for being part of an industry that, according to him, has evolved tremendously over the decades.

In particular, Anil Kapoor lauded the teams behind KGF and Kantara, two films that significantly amplified Kannada cinema's national and international presence. "Salute to Yash, Prashanth Neel, and the teams behind KGF and Kantara for raising the bar so high," he wrote, adding that he hopes his association with the Kannada film industry is far from over.

Actor and filmmaker Rishab Shetty responded warmly to Kapoor's post, expressing admiration for the actor's journey and legacy. Shetty recalled meeting Kapoor and described the interaction as deeply inspiring. "Your journey began here, and today you stand as a true legend of Indian cinema. Pallavi Anu Pallavi remains one of my favourite films," Shetty shared, acknowledging the lasting impact of Kapoor's debut.

Directed by Mani Ratnam, Pallavi Anu Pallavi marked the celebrated filmmaker's directorial debut in 1983. Starring Anil Kapoor and Lakshmi, the film was praised for its soulful music and sensitive storytelling. It also holds special significance as Kapoor's Kannada debut and his second lead role, following his Telugu debut in Vamsha Vruksham.

On the work front, Anil Kapoor was last seen in War 2, alongside Hrithik Roshan and Jr. NTR. He will next appear in Alpha, starring Alia Bhatt and Sharvari, and is also set to play a pivotal role in Shah Rukh Khan's upcoming film King. **—ETimes**

Mira's artistic masterpiece

More than six years after her last release, filmmaker Mira Nair is moving ahead with her long planned biopic on modernist painter Amrita Sher Gil. The international project, tentatively titled Amri, will begin groundwork this week with an extensive recce in Amritsar, Punjab. Nair is expected to base her unit in the state for nearly two months to film key portions before shifting to European locations for the next schedule. The project marks Nair's return to feature filmmaking following her 2020 series A Suitable Boy. According to a Mid Day report, the Sher Gil biopic has been in development for several years and is now entering an active production phase. Nair first announced the project in 2020 and reportedly spent close to four years securing financial backing for the ambitious period drama, which spans multiple geographies including India, Hungary and France. The Amritsar recce is crucial in setting the film's visual and emotional tone. Punjab holds deep significance in Sher Gil's life, and Nair wanted the project to begin in a region closely tied to the artist's heritage. The director has been personally involved in location scouting and period detailing to recreate the early twentieth century authentically. Set between 1915 and 1941, the film traces Sher Gil's life across continents. Born in Budapest to a Punjabi Sikh father and a Hungarian mother, Sher Gil spent her formative years between Europe and India. She later trained at the École des Beaux Arts in Paris and became a defining figure in Indian modern art, known for empathetic portrayals of women and marginalised communities.

Casting details remain undisclosed. **— ETimes**

Terrified, yet thriving Parker

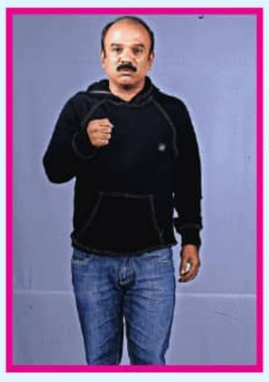
Sarah Jessica Parker, famed for Sex and the City, is seeking fresh acting challenges, finding familiar roles less fulfilling. She desires projects that push her boundaries and evoke fear about her capabilities. While acknowledging the financial appeal of reprising past characters, Parker prioritises artistic growth and avoids being defined by them. Best known for her leading role in the Sex and the City franchise, Parker is ready to move beyond repeating past successes. In a recent interview, she discussed the projects she now seeks and how she envisions her future in the industry.Reflecting on her career, Parker recalled her long journey in films. "I've done a lot of movies that feel like they're part of me learning and making attempts at being better," she said. She added that working with Steve Martin helped her understand physical comedy, while Bette Midler taught her how to be wonderfully ridiculous on screen.Looking ahead, Parker wants roles that are challenging and unfamiliar. She explained that familiar choices are often lucrative but increasingly the least satisfying. Her time as Carrie Bradshaw remains close. **—ETimes**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Toxic unleashes action

Marking Rocking Star Yash's birthday with a seismic reveal, the makers of Toxic: A Fairytale for Grown-Ups have unveiled the film's character intro tease — officially introducing Raya, played by Yash, through a bold, high-impact announcement that commands attention from the very first frame. Released amid intense fan anticipation, Yash chose to first highlight the film's women — Kiara Advani, Nayanthara, Huma Qureshi, Rukmini Vasanth, and Tara Sutaria — signalling that Toxic is not built on spectacle alone but on powerful characters who shape its world. Gunfire shatters the silence, bodies scatter, and through the smoke emerges Raya — composed, unflinching, and in complete control. Armed with a tommy gun, he doesn't rush; he owns every moment. As actor, co-writer, and co-producer, Yash embraces complexity, darker shades, and an international storytelling sensibility. Written by Yash and Geetu Mohandas and directed by Geetu Mohandas, Toxic has been simultaneously shot in Kannada and English, with dubbed versions planned in Hindi, Telugu, Tamil, Malayalam, and other languages. Produced by Venkat K Narayana and Yash under KVN Productions and Monster Mind Creations, Toxic: A Fairytale for Grown-Ups is slated for a worldwide theatrical release on 19 March 2026.

Seat Edge on Jan 30



Siddu Moolimani and Raviksha Shetty's Kannada movie Seat Edge is set to hit theaters on January 30. The film, a mix of horror, suspense, and comedy, is said to carry an important societal message, particularly for youth eager to chase fame at any cost.

"I am thrilled to share the screen with Siddu Moolimani. He is full of energy. Most of the shoot happened at night in a haunted building. I struggled to get proper sleep because the sequences and the building's image haunted me for two days. The movie isn't meant to frighten audiences. I appreciate director Chetan Shetty for his clarity and dedication," said Raghu Ramanakoppa.

Girish Shivanna appears as a police inspector. "My character conveys a message about what happens when a police inspector joins a YouTube vlogger to gain fame. Director Chetan Shetty's screenplay is tricky and interesting," he explained. Director Chetan Shetty revealed that the movie's trailer is expected to release on January 19. He added, "Seat Edge will be released on January 30 across around 50 screens statewide." With its blend of suspense, comedy, and a social message, Seat Edge promises to be a thrilling cinematic experience for audiences.